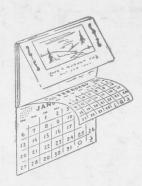
ITH best wishes of the season, and for the new year that lies ahead, here is one of the handiest kitchen calendars ever designed. Just hang it up, please!

The January month drops down FIRST and your calendar is ready for use. Succeeding months will hang under the picture and, by lifting the picture, can be dropped into place as needed.



In each month's envelope, you can file recipes, receipts, memos, or brief data you wish to preserve. At the end of the year you have a neat packet of information. No string to untie, no clamp to loosen, this gadget-free calendar is streamlined for maximum utility.

Here are seven reasons why this calendar with its 12 file pockets will help you manage your kitchen with less effort:

- 1. WALLET CONSTRUCTION for ease in handling and storage.
- 2. COMPOSITE DESIGN, calendar is always assembled with no loose months to lose.
- 3. TWELVE HANDY POCKETS for filing recipes, receipts, statements, memos, etc.
- 4. LARGE WHITE CALENDAR PAD with easy to read figures.
- 5. RULED MEMO SPACES for jotting down notes and reminders.
- 6. TEMPTING MENUS AND RECIPES on the back of each pad.
- 7. HANDY KITCHEN WISDOM on the inside of cover.



(For baking and roasting)

Slow oven	250-325	Fahrenheit
Moderate oven	.325-375	Fahrenheit
Moderately hot oven	375-400	Fahrenheit
Hot oven	.400-450	Fahrenheit
Very hot oven	.450-500	Fahrenheit

CANDY AND ICING

Stages in sugar cooking	Temperature of Sirup
Sirup	220-230
Thread	230-234
Soft Ball	236-238
Medium Ball	238-240
Firm Ball	
Hard Ball	
Light Crack	270-280
Medium Crack	280-290
Hard Crack	300-310
Fudge	236-238
Caramels	242-248
Pulled Soft Candies	245-260
Pulled Hard Candies	265-275
Toffee	250-252
Butterscotch	
Brittle Candies	290-305

MEAT THERMOMETER

BEEF	lem	perature
R	ibs, rare140	degrees
	medium160	degrees
	well-done170	degrees
Si	rloin, medium160	degrees
	well-done	degrees
T	enderloin	
R	ump170	degrees
PORK		
L	oin145	degrees
	enderloin160	degrees
		degrees
Н	am185	degrees
LAMB		degrees
VEAL		degrees

FRIED FOODS

	Temp.	Time
	of Fat	(min.)
Croquettes	385	2
Doughnuts	370-375	2-
Small Fish	375-385	2-
Trout, etc.	385	2-
Fishballs	375-385	2-
Clams and Oysters	370	2
Crabs	360	3-
French Fried Potatoes	375-390	3-
Fritters	375	2-

ROASTED MEATS

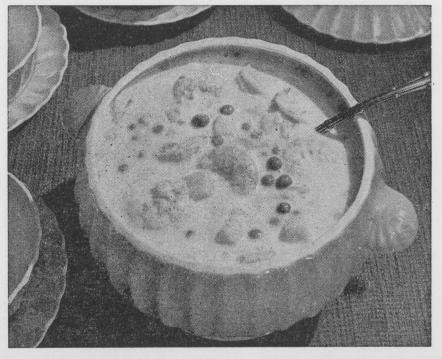
Roast at high temperature for 15 minutes. Reduce to given temperature for remainder of time. Or if less crisp brownness is desired roast at given temperature for entire period.

	Oven	Time	(Min.
	(Deg. F.)	per	lb.)
Beef, rare	300-350		18-22
Beef, medium	300-350		22-25
Beef, well done	300-350		27-30
Beef, rump	300-350		30-35
Meat Loaf	350		45-60
Lamb	300-350		30-35
Pork	300-350		30
Cured Pork			30
Veal	300		30
Chicken	:300-350		22-30
Duck	300-325		20-25
Goose	350		20-25
Turkey			15-25
Fish	400-450		10-15

SIZE OF CANS

	4		
Picn	ic1	1/3	cups
No.	12	1	cups
No.	2	1/2.	cups
No.	21/2	1/2	cups
No.	34	,	cups
No.	1013		cups

FAMILY FAVORITES



Shrimp Chowder

1 pound small fresh shrimp

1¼ cups cold water

1 tablespoon salt

2 potatoes, cubed

1 cup fresh peas (1 pound)

1 tablespoon chopped onion

1 teaspoon salt

11/3 cups boiling water

1 cup milk

3 tablespoons butter, melted

¼ cup flour

Remove shell and sand vein from shrimp. Wash thoroughly. Add cold water, and 1 table-spoon of salt; cover, bring to a boil, simmer for 8 minutes. Cook potatoes, peas, and onion in boiling, salted water until tender; water should be almost evaporated at the end of cooking time.

Combine shrimp and vegetable mixture, including liquids and the milk; heat. Blend the butter and flour and add a little of the warm liquid to make a paste. Add it to the chowder gradually. Simmer for 3 minutes, stirring occasionally. Serves $4 (6\frac{1}{2} \text{ cups})$.

This recipe developed and tested for you by the National Dairy Council.





OVEN TEMPERATURES
(For baking and roasting)

 Slow oven
 250-325
 Fahrenheit

 Moderate oven
 325-375
 Fahrenheit

 Moderately hot oven
 375-400
 Fahrenheit

 Hot oven
 400-450
 Fahrenheit

 Very hot oven
 450-500
 Fahrenheit

CANDY AND ICING	
Stages in sugar cooking	Temperature of Sirup
Sirup	220-230
Thread	230-234
Soft Ball	236-238
Medium Ball	
Firm Ball	244-250
Hard Ball	250-265
Light Crack	270-280
Medium Crack	
Hard Crack	
Fudge	
Caramels	
Pulled Soft Candies	245-260
Pulled Hard Candies	
Toffee	
Butterscotch	
Brittle Candies	200 205

MEAT THERMOMETER

Temperature

Ribs, rare	
medium160	degrees
well-done	degrees
Sirloin, medium	degrees
well-done170	degrees
Tenderloin	degrees
Rump170	degrees
PORK	
Loin	degrees
Tenderloin 160	degrees
Shoulder	degrees
Ham185	degrees
LAMB	degrees
VEAL170	degrees
FRIED FOODS	
Temp.	Time

FRIED FOODS		
	Temp.	Time
	of Fat	(min.
Croquettes	385	2
Doughnuts	370-375	2.
Small Fish	375-385	2.
Trout, etc.	385	2.
Fishballs	375-385	2.
Clams and Oysters	370	2
Crabs	360	3
French Fried Potatoes	375-390	3.
Fritters	375	2

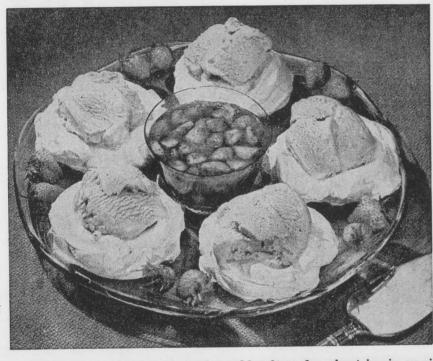
ROASTED MEATS

Roast at high temperature for 15 minutes. Reduce to given temperature for remainder of time. Or if less crisp brownness is desired roast at given temperature for entire period.

	Oven	Time	(Min.
	(Deg. F.)	per	lb.)
Beef, rare	300-350		18-22
Beef, medium			22-25
Beef, well done	300-350		27-30
Beef, rump			30-35
Meat Loaf			45-60
Lamb	300-350		30-35
Pork	300-350		30
Cured Pork	300-325		30
Veal	300		30
Chicken	300-350		22-30
Duck	300-325		20-25
Goose	350		20-25
Turkey	300-325		15-25
Fish	400-450		10-15
SIZE OF CAN	IS		
0		1	

3 oz1		cup
Picnic1	1/3	cups
No. 1	,	cups
No. 22	1/2	cups
No. 21/2	1/2	cups
No. 34	,	cups
No. 10		

FAMILY FAVORITES



Strawberry Meringue Glace

3 egg whites

¼ teaspoon salt

1½ teaspoons vinegar

1¼ cups sugar

½ teaspoon vanilla

1 quart strawberry or vanilla ice cream

1 pint sliced, or crushed, sweetened strawberries

Beat egg whites until frothy, add salt and continue to beat with a rotary beater or electric mixer until the mixture will stand in soft peaks. Add sugar, a tablespoon at a time, alternately with the vinegar, beating thoroughly after each addition. Continue to beat after all has been added until very stiff and dry. Add vanilla and blend. Pile meringue on a lightly-greased baking

sheet in six or eight piles making an indentation in the top of each with rounded side of a large spoon. Bake at 275° F., for one hour to one and one-quarter hours, or until crisp-crusted, but not browned. Remove from baking sheet and cool. (Meringues should be soft inside.) To serve, pile ice cream in center of cooled meringues, top with sweetened strawberries. Serves 6 to 8.

This recipe developed and tested for you by the National Dairy Council.

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LIDE PENCIL INSIDE BINDIN

January 1959

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FEBRUARY 1959 Tue 3 Thu 5 2 4 8 10 11 12 13 14 19 16 17 18 21

Saturday

		KEEP REC	EIPTS, STATE	MENTS AND	MEMOS IN	THIS POCKE
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	LAST QUARTER © 2nd-31st	NEW MOON 9th	FIRST QUARTER 3 16th	FULL MOON S 24th	1 =	2 =
-					NEW YEAR'S DAY	

4 = 5 = 6 = 7 = 8 = 9 = 1 11 = 12 = 13 = 14 = 15 = 16 = 1

25 26 27 28 29 30 31

Robert Burns, 1759 Edison Lomp



(For baking and roasting)	
Slow oven	Fahrenheit
Moderate oven325-375	Fahrenheit
Moderately hot oven 375-400	Fahrenheit
Hot oven400-450	Fahrenheit
Very hot oven450-500	Fahrenheit

CANDY AND ICING	;
	Temperature
Stages in sugar cooking	of Sirup
Sirup	220-230
Thread	230-234
Soft Ball	236-238
Medium Ball	238-240
Firm Ball	
Hard Ball	250-265
Light Crack	270-280
Medium Crack	280-290
Hard Crack	300-310
Fudge	236-238
Caramels	
Pulled Soft Candies	245-260
Pulled Hard Candies	265-275
Toffee	250-252
Butterscotch	290-300
Brittle Candies	290-305

MEAT THERMOMETER

Temperature

Ribs, rare	degrees
medium160	degrees
well-done	degrees
Sirloin, medium160	degrees
well-done170	degrees
Tenderloin160-170	degrees
Rump170	degrees
PORK	
Loin145	degrees
Tenderloin	degrees
Shoulder185	degrees
Ham	degrees
LAMB180	degrees
VEAL170	degrees

FRIED FOODS

	Temp.	Time
	of Fat	(min.)
Croquettes	385	2
Doughnuts	370-375	2-3
Small Fish	375-385	2-5
Trout, etc	385	2-5
Fishballs	375-385	2-5
Clams and Oysters	370	2
Crabs	360	3-5
French Fried Potatoes	375-390	3-5
Fritters	375	2-5

ROASTED MEATS

Roast at high temperature for 15 minutes. Reduce to given temperature for remainder of time. Or if less crisp brownness is desired roast at given temperature for

entire period.			
	Oven	Time	(Min.
	(Deg. F.)	per	lb.)
Beef, rare	300-350		18-22
Beef, medium	300-350		22-25
Beef, well done	300-350		27-30
Beef, rump	300-350		30-35
Meat Loaf	350		45-60
Lamb	300-350		30-35
Pork	300-350		30
Cured Pork	300-325		30
Veal	300		30
Chicken	300-350		22-30
Duck	300-325		20-25
Goose	350		20-25
Turkey	300-325		15-25
Pt-L	400 450		10 15

SIZE OF CANS		
8 oz1		cup
Picnic 1	1/3	cups
No. 1	,	cups
No. 22	1/2	cups
No. 21/2	1/2	cups
No. 34	'	cups
No. 10		cups

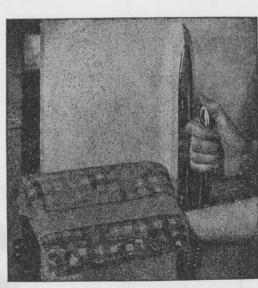
THE HOMEMAKER

Flat as a pancake. Shape hamburgers in 1/3-cup measure so they'll all be the same size. Then roll each ball between two sheets of waxed paper. Stack patties with waxed paper between. Store them in the refrigerator, all ready to cook for the gang.

Jimesavers TRICKS WITH

WAXED PAPER

What you can do today. No time to iron that last dress? Wrap it in waxed paper to keep it damp till tomorrow. To prevent mildew, put in refrigerator.



This article and accompanying illustrations by special arrangement with Better Homes & Gardens.

JAI	NUA.	RY			1	959	
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				1	2	3	
4.	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	

February



25 26 27 28	8 29 30 31		1737	this bours, or un	29 30 31	20 20 21 20
Sunday	KEEP REC Monday	Tuesday	Wednesday	MEMOS IN T	HIS POCKET	Saturday
1 -	- 2	2 -	- //	-	1	7 —
		3	- 4)	6	/
6	Ground Hog Day	40	44	45	B. N. A. Act, 1867	40
8	9	10	11	12	13	74
		Upper and Lower Canada United, 1841	ASH WEDNESDAY			St. Valentine's Day
15	16	17	18	19	20	21
			<u>a</u>			4
22-	23	2/1	25	26	27	78-
<i></i>		24	23	20	61-	20
		-		NEW MOON O 7th	FIRST QUARTER 3 15th	FULL MOON ② 23rd



OVEN TEMPERATURES

(For baking and roasting)	
Slow oven	25 Fahrenheit
Moderate oven325-3	75 Fahrenheit
Moderately hot oven 375-4	00 Fahrenheit
Hot oven400-4	
Very hot oven 450-5	00 Fahrenheit

CANDY AND ICING	
	Temperature
Stages in sugar cooking	of Sirup
Sirup	220-230
Thread	
Soft Ball	236-238
Medium Ball	238-240
Firm Ball	
Hard Ball	250-265
Light Crack	270-280
Medium Crack	280-290
Hard Crack	300-310
Fudge	236-238
Caramels	242-248
Pulled Soft Candies	
Pulled Hard Candies	
Toffee	250-252
Butterscotch	
Brittle Candias	290_305

MEAT THERMOMETER

BEEF	Tem	perature
Ribs, rare		
medium	160	degrees
mediumwell-done	170	degrees
Sirloin, medium		
well-done	170	degrees
Tenderloin	160-170	degrees
Rump	170	degrees
PORK		
Loin	145	degrees
Tenderloin	160	degrees
Shoulder		
Ham	185	degrees
LAMB	180	degrees
VEAL	170	degrees
TRIED TOOR		

FRIED FOODS

	Temp.	Time
	of Fat	(min.)
Croquettes	385	2
Doughnuts	370-375	2-3
Small Fish		2-5
Trout, etc.	385	2-5
Fishballs		2-5
Clams and Oysters		2
Crabs		3-5
French Fried Potatoes	375-390	3-5
Fritters		2-5

ROASTED MEATS

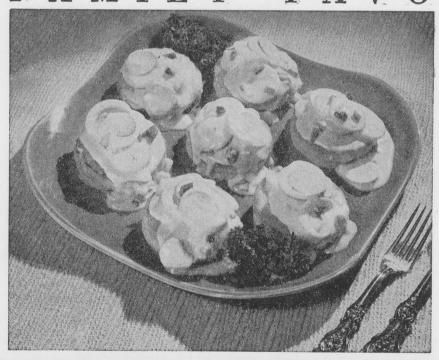
Roast at high temperature for 15 minutes. Reduce to given temperature for remainder of time. Or if less crisp brownness is desired roast at given temperature for entire period.

	Oven	Time	(Min.	
	(Deg. F.)	per	lb.)	
Beef, rare	300-350		18-22	
Beef, medium	300-350		22-25	
Beef, well done	300-350		27-30	
Beef, rump	300-350		30-35	
Meat Loaf	350		45-60	
Lamb	300-350		30-35	
Pork	300-350		30	
Cured Pork	300-325		30	
Veal	300		30	
Chicken	300-350		22-30	
Duck	300-325		20-25	
Goose	350		20-25	
Turkey	300-325		15-25	
Fish	400-450		10-15	

SIZE OF CANS

8 oz	1		cup
Picnic	.1	1/3	cups
No. 1	.2	,	cups
No. 2	2	1/2	cups
No. 21/2	3	1/2	cups
No. 3	.4	,	cups
No. 10	3		cups

FAVORITES FAMILY



Eggs a La King on Corn Rings

1 tablespoon butter or meat drippings

1 tablespoon minced onion 3 tablespoons flour

2 cups milk

1 teaspoon salt

1/8 teaspoon pepper

½ teaspoon Worcestershire sauce

1/4 cup chopped green pepper

6 hard-cooked eggs

6 slices fried corn meal

3 17th

9th

24th

Melt butter in top of double boiler over direct heat. Add minced onion and cook until tender. Stir in flour and add milk, seasonings, Worcestershire sauce and green pepper. Cook over hot water, stirring until smooth and thickened. Add hard-cooked egg slices. Serve on rounds of fried corn meal mush. Serves 6.

CORN MEAL MUSH

Pour cooked corn meal into a round can or mold that has been rinsed in cold water. Cover, and chill until firm. Cut into 1/2 inch slices; dip in flour and saute in drippings until crisp and brown.

1959 Mon 2 Tue 3 Sat 7 5 4 6 8 9 10 11 12 13 14 16 17 18 19 20 21

EASTER SUNDAY

March 1959



Thu 2 Fri 3 9 10 6 7 8 11 13 14 15 16 17

Lien			1727		26 27 28	29 30
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	9	First Can. Troops in Trenches, 1915	11	12	13	14
15	16	First Telephone Conversation, 1876	18	19	20	21
22	23	St. Patrick's Day	25	26	27	First Day of Spring
Palm Sunday	30	31	LAST QUARTER	NEW MOON	GOOD FRIDAY FIRST QUARTER	FULL MOON

Newfoundland Joins Canada, 1949



OVEN TEMPERATURES (For baking and roasting)

Slow oven 250-325 Fahrenheit 325-375 Fahrenheit Moderate oven 375-400 Fahrenheit Moderately hot oven 400-450 Fahrenheit Hot oven Very hot oven 450-500 Fahrenheit

CANDY AND ICING	
	Temperature
Stages in sugar cooking	of Sirup
Sirup	220-230
Thread	
Soft Ball	236-238
Medium Ball	
Firm Ball	
Hard Ball	250-265
Light Crack	270-280
Medium Crack	280-290
Hard Crack	300-310
Fudge	236-238
Caramels	242-248
Pulled Soft Candies	
Pulled Hard Candies	
Toffee	
Butterscotch	290-300
Brittle Candies	290-305

MEAT THERMOMETER

BEE	F	Tem	perature
	Ribs, rare	140	degrees
	medium	160	degrees
	well-done		
	Sirloin, medium	160	degrees
	well-done	170	degrees
	Tenderloin	160-170	degrees
	Rump	170	degrees
POR			
	Loin	145	degrees
	Tenderloin	160	degrees
	Shoulder		
	Ham	185	degrees
LAN	AB	180	degrees
VEA	L	170	degrees

FRIED FOOL	75	
	Temp.	Time
	of Fat	(min.
Croquettes	385	2
Doughnuts	370-375	2-
Small Fish	375-385	2.
Trout, etc.	385	2.
Fishballs	375-385	2-
Clams and Oysters	370	2
Crabs	360	3.

ROASTED MEATS

Roast at high temperature for 15 minutes. Reduce to given temperature for remainder of time. Or if less crisp brownness is desired roast at given temperature for entire period.

	Oven	Time	(Min.
_ (Deg. F.)	per	lb.)
Beef, rare	300-350		18-22
Beef, medium	300-350		22-25
Beef, well done	300-350		27-30
Beef, rump	300-350		30-35
Meat Loaf	350		45-60
Lamb	300-350		30-35
Pork	300-350		30
Cured Pork	300-325		30
Veal	300		30
Chicken	300-350		22-30
Duck	300-325		20-25
Goose	350		20-25
Turkey	300-325		15-25
	400-450		10-15

SIZE OF CANS		
8 oz1		cup
Picnic1	1/3	cups
No. 1	1	cups
No. 22	1/2	cups
No. 21/2	1/2	cups
No. 34	,	cups
No. 10		cups

FAMILY FAVORITES



French Fried Potatoes

Spring Beauty Salad

1½ envelopes gelatin (1½ tablespoons)

3 tablespoons cold water 1 cup cottage cheese, sieved 1 cup American cheese,

grated 1 teaspoon salt

1/8 teaspoon white pepper

2 tablespoons chopped pimento

2 tablespoons chopped green pepper

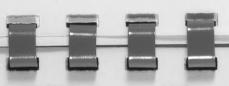
1/2 cup diced American cheese

1 pint whipping cream

Soak gelatin in cold water until soft; dissolve over hot water. Soften cottage cheese with a little plain cream and press through sieve. Add grated American cheese, gelatin, seasonings, pimento, pepper and diced American cheese.

(Some of the diced cheese may be sprinkled in the bottom of the mold.) Fold in stiffly beaten cream, turn mixture into wet mold and chill. Serve on large chop plate with center filled with fresh fruit or vegetable salad. Garnish with crisp lettuce, endive or watercress. Serves 6.

This recipe developed and tested for you by the National Dairy Council.



1959 Sat 7 Mon 2 3 4. 5 6 9 10 11 12 13 14 8 20 21 15 17 18 19 16 26 24 25 23



MAY Mon 5 6 8 9 10 11 12 13 15 16 14

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29 30 31	STAN LEADING OUT	our easy cook marin	1757		31 20 20	5 27 28 29 3
Sunday	Monday	Tuesday	Wednesday	TO A SHIP ARTHUR AND A SHIP AND A	Friday	Saturday
NEW MOON	FIRST QUARTER 3 16th	FULL MOON © 23rd	1 =	2	3	4
5 =	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	Titanic sunk 1912	22	23	24	Gazette Published, 1793
26	27	28	29_	30		LAST QUARTER



ROASTED MEATS

0 4	PIA IPI	111 1011	MIONES	
(For	baking	and	roasting)	
			250-325	Fahrenheit
en			325-375	Fahrenheit

Slow oven	250-325	Fahrenheit
Moderate oven	325-375	Fahrenheit
Moderately hot oven	375-400	Fahrenheit
Hot oven	400-450	Fahrenheit
Very hot oven	450-500	Fahrenheit
,		

CANDY AND ICINIC

CANDY AND IC	ING
	Temperature
Stages in sugar cooking	of Sirup
Sirup	220-230
Thread	
Soft Ball	236-238
Medium Ball	238-240
Firm Ball	244-250
Hard Ball	250-265
Light Crack	270-280
Medium Crack	280-290
Hard Crack	300-310
Fudge	236-238
Caramels	242-248
Pulled Soft Candies	
Pulled Hard Candies	
Toffee	250-252
Butterscotch	290-300
Brittle Candies	290-305

BEEF	Tem	perature
Ribs, rare	140	degrees
medium	160	degrees
well-done	170	degrees
Sirloin, medium	160	degrees
well-done		
Tenderloin	.160-170	degrees
Rump	170	degrees
PORK		
Loin	145	degrees
Tenderloin	160	degrees
Shoulder	185	degrees
Ham		
LAMB	180	degrees
VEAL		

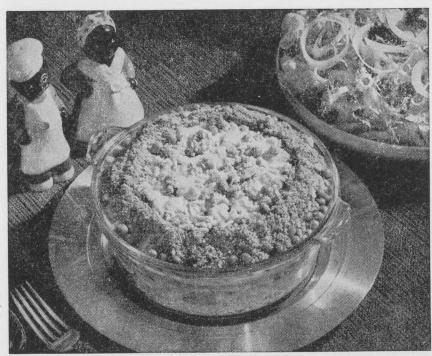
MEAT THERMOMETER

FRIED FOODS of Fat (min.) 385 Croquettes Doughnuts Trout, etc. 385 375-385 Fishballs Clams and Oysters 360 French Fried Potatoes 375-390 Fritters

Roast at	high tempe	rature f	or 15 m	ninutes.	Reduce
to given ten					
entire period	1.				

citie periodi		
	Oven	Time (Min.
	(Deg. F.)	per lb.)
Beef, rare	300-350	18-22
Beef, medium	300-350	22-25
Beef, well done		
Beef, rump		
Meat Loaf		45-60
Lamb		
Pork		
Cured Pork	300-325	30
Veal		30
Chicken		22-30
Duck		
Goose		20-25
Turkey		15-25
Fish		
SIZE OF CA	NS	
8 oz.		1 cup
Picnic		
No. 1		.2 cups
No. 2		2 1/2 cups

FAVORITES FAMILY



Seafood **Thermador**

No. 10

1 package (6 ounces) fine noodles

½ pound fresh mushrooms, sliced

2 tablespoons butter

1 cup drained, cooked peas

½ cup sliced green or ripe olives

1 can flaked tuna (7 ounces)

2 cups medium cream sauce

1 cup freshly grated American cheese

1/4 cup buttered bread crumbs

Cook noodles in rapidly boiling, salted water until tender, about 10 to 15 minutes. Drain and rinse with boiling water. Saute mushrooms in melted butter until tender, about 5 minutes. Make 2 cups of well-seasoned, medium cream sauce. Add grated cheese, stirring to blend. Arrange hot noodles in a buttered, 1½-quart

casserole. Cover with cooked mushroom slices, casserole. Cover with cooked mushroom slices, then a layer each of peas, ripe or green olives, and flaked tuna. Add cheese sauce and top with buttered crumbs. Bake in a moderate oven, 350° F., for 30 minutes or until lightly browned. Serve with lemon and parsley garnish. Serves 6. Note: One-fourth cup chopped, toasted almonds may be used instead of olives in recipe.

This recipe developed and tested for you by the National Dairy Council.

PENCIL INSIDE BINDING

1959 3 10 11

9 8 13 14 15 16 17 18 21

1

May

JUNE Fri 5 Sat 6 2 3 4 8 9 10 11 12 13 15 19 16 17 18

26 27 28 29		EIPTS, STAT	EMENTS AND	MEMOS IN T	28 29 30	(90 III -
Sunday NEW MOON Tth	Monday FIRST QUARTER 15th	FULL MOON	Wednesday LAST QUARTER © 29th	Thursday	Friday	Saturday 2
3 =	4	5	6	7	8 =	9
10	11	12	13	14	VE-Day 1945 (C)	16
17=	18 VICTORIA DAY	19	20	21	22	23
2/1	VICTORIA DAY	2/		Confederation 1867		<u>a</u>



(For baking and roasting)

(For baking and roastin	g)
Slow oven	-325 Fahrenheit
Moderate oven325	-375 Fahrenheit
Moderately hot oven 375	-400 Fahrenheit
Hot oven400)-450 Fahrenheit
Very hot oven450)-500 Fahrenheit

CANDY ANI	CICING
	Temperature
Stages in sugar cooking	of Sirup
Sirup	220-230
Thread	230_234
Soft Ball	236-238
Medium Ball	238-240
Firm Ball	244-250
Hard Ball	250-265
Light Crack	270-280
Medium Crack	280-290
Hard Crack	300-310
Fudge	236-238
Caramels	242-248
Pulled Soft Candies	
Pulled Hard Candies	
Toffee	250-252
Butterscotch	
Brittle Candies	290-305

MEAT THERMOMETER

OLLI	perurure
Ribs, rare140	degrees
medium160	degrees
well-done	degrees
Sirloin, medium160	
well-done170	degrees
Tenderloin160-170	degrees
Rump170	degrees
PORK	
Loin145	
Tenderloin160	degrees
Shoulder	degrees
	degrees
LAMB180	degrees
VEAL	
FRIED FOODS	

FRIED FOODS

	Temp.	Time
	of Fat	(min.)
Croquettes	385	2
Doughnuts	370-375	2-3
Small Fish	375-385	2-5
Trout, etc	385	2-5
ishballs	375-385	2-5
Clams and Oysters	370	2
Crabs	360	3-5
French Fried Potatoes	375-390	3-5
ritters	375	2-5

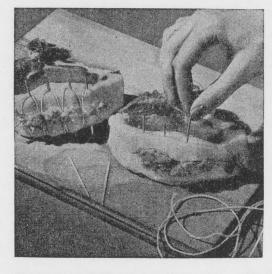
ROASTED MEATS

Roast at high temperature for 15 minutes. Reduce to given temperature for remainder of time. Or if less crisp brownness is desired roast at given temperature for entire period.

	Oven	Time (Min.
	(Deg. F.)	per lb.)
Beef, rare	300-350	18-22
Beef, medium	300-350	22-25
Beef, well done	300-350	27-30
Beef, rump		30-35
Meat Loaf	350	45-60
Lamb	300-350	30-35
Pork	300-350	30
Cured Pork	300-325	30
Veal	300	30
Chicken	300-350	22-30
Duck	300-325	20-25
Goose	350	20-25
Turkey	300-325	15-25
Fish '	400-450	10-15

SIZE OF CANS			
oz1		cup	
nic1		cups	
. 12		cups	
. 2	1/2	cups	
. 21/2	1/2	cups	
. 34	,	cups	
10 12		aune	

FOR THE HOMEMAKER



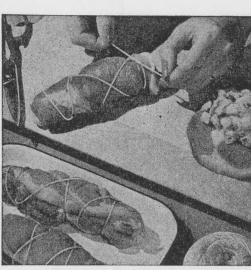
Jimesavers

STRING MAKES THE

DIFFERENCE

Fastens stuffed chops. Stick the toothpicks, through the fat. Crisscross string around them. Tie knot. To serve chops, first slip out the toothpicks. Then pull off string.

Wraps veal birds.
Place mound of savory bread stuffing on each veal steak.
Roll it up. Wind string around meat; tie a knot.



This article and accompanying illustrations by special arrangement with Better Homes & Gardens.

SLIDE PENCIL INSIDE BINDING

1959 Wed Sat Mon 2 8 9 3 5 6 12 13 14 15 16 19 20 21 22 23 18 28 30 26 27 29

June 1959

2 4, 9 5 7 8 10 11 6 12 13 14 15 16 17 18

19 20 21 22 23 24 27 29 26 28 30 Thursday Wednesday Sunday Monday Tuesday Friday Saturday Fenian Raid 1866 Elizabeth II Crowned D-Day, 1944 Italy Declares War on Allies 1940 Germans enter Paris 1940 Rowing - Hanlan 1878 Labrador discovered by John Cabot 1497 Germany Attacks Russia 1941 Longest Day of Year 4 NEW MOON FIRST QUARTER FULL MOON LAST QUARTER 27th ② 20th 14th



No.

(For baking and roas	ting)	
Slow oven	250-325	Fahrenheit
Moderate oven	325-375	Fahrenheit
Moderately hot oven	375-400	Fahrenheit
Hot oven	400-450	Fahrenheit
Vary hat ayan	450 500	Echronhoit

CANDY AND IC	ING
	Temperature
Stages in sugar cooking	of Sirup
Sirup	220-230
Thread	230-234
Soft Ball	236-238
Medium Ball	238-240
Firm Ball	244-250
Hard Ball	250-265
Light Crack	270-280
Medium Crack	280-290
Hard Crack	300-310
Fudge	236-238
Caramels	
Pulled Soft Candies	245-260
Pulled Hard Candies	265-275
Toffee	250-252
Butterscotch	290-300
Brittle Candies	290-305

MEAT THERMOMETER

1111-731	IIIEIGITIOITEIEIG	
BEEF	Temp	perature
Ribs, rare	140	degrees
medium	160	degrees
well-done		degrees
	160	
well-done	170	degrees
Tenderloin	160-170	degrees
Rump	170	degrees
PORK		
Loin	145	degrees
Tenderloin	160	degrees
Shoulder	185	degrees
Ham	185	degrees
LAMB	180	degrees
VEAL	170	degrees
ED	IED FOODS	

F	RΙ	ΕĽ) F	0	O	С
١				_	_	7

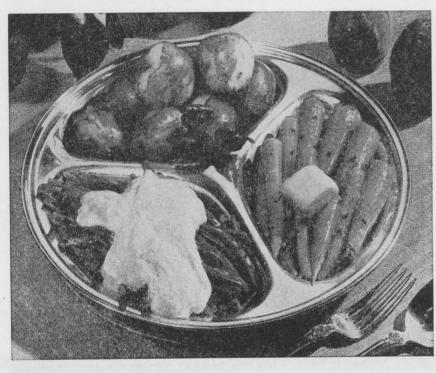
	Temp.	Time
	of Fat	(min.)
roquettes	385	2
oughnuts	370-375	2-3
mall Fish	375-385	2-5
rout, etc.	385	2-5
ishballs	375-385	2-5
lams and Oysters	370	2
rabs	360	3-5
rench Fried Potatoes	375-390	3-5
ritters	375	2-5

Roast at high temperature for 15 minutes. Reduce to given temperature for remainder of time. Or if less crisp brownness is desired roast at given temperature for entire period.

	Oven		(Min.
	(Deg. F.)	per	lb.)
Beef, rare	300-350		18-22
Beef, medium	300-350		22-25
Beef, well done	300-350		27-30
Beef, rump	300-350		30-35
Meat Loaf	350		45-60
Lamb	300-350		30-35
Pork	300-350		30
Cured Pork			30
Veal	300		30
Chicken	300-350		22-30
Duck	300-325		20-25
Goose	350		20-25
Turkey	300-325		15-25
Fish	400-450		10-15

SIZE OF CANS		
oz1		cup
nic1	1/3	cups
. 1		cups
. 2	1/2	cups
. 21/2	1/2	cups
. 34	1	cups
. 10		cups

FAMILY FAVORITES



String Beans with Creamy Horseradish Sauce

1½ pounds green beans

3 tablespoons butter

3 tablespoons flour

3/4 teaspoon salt 1/8 teaspoon pepper

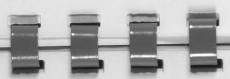
1½ cups milk

3 to 4 tablespoons drained horseradish

Wash and cut green beans lengthwise or slice diagonally. Cook beans in a tightly covered saucepan with about 1 inch of boiling water, adding 1/2 teaspoon salt per cup boiling water. Cook for 15 to 20 minutes or only until tender.

Drain. Make sauce by melting butter in sauce-pan; add flour and seasonings and blend. Gradu-ally add milk while stirring and cook until smooth and thick, stirring constantly. Stir in drained horseradish. Serve hot over beans. Serves 6.

This recipe developed and tested for you by the National Dairy Council.



1959 Tue 2 Mon Thu Sat 3 5 6 4, 9 10 11 12 13 19 16 17 18 15 23 24

SLIDE PENCIL INSIDE BINDING

AUGUST Sun Mon Tue 5 8 3 4, 9 13 15 10 11 12 14 19 20 21 22 18 17 25

28 29 30			1131		30 31	
NEATH SECTION	KEEP RECE	IPTS STATE	MENTS AND	MEMOS IN TH	IS POCKET	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NEW MOON 6th	FIRST QUARTER 3 13th	FULL MOON	DOMINION DAY	2 9	3 7	4 9
5	6 8	7 8	8 7	9 9	10 8	11 9/
	Br. dirigible R34 arrives in New York 1919					
12	13 7	14 8	15 7	16 7	17 6	18
				,		
19	20	21	22	236	24	256
	Alexander Mackenzie Reaches Pacific 1793		0/			
26	27	286/	29.4	306	31	LAST QUARTER © 27th



No. 1 No. 2 No. 21/2

(For baking and roasting)	
Slow oven	Fahrenheit
Moderate oven	Fahrenheit
Moderately hot oven 375-400	Fahrenheit
Hot oven400-450	Fahrenheit
Very hot oven450-500	Fahrenheit

CANDY AND ICING	
	Temperature
Stages in sugar cooking	of Sirup
Sirup	220-230
Thread	
Soft Ball	
Medium Ball	238-240
Firm Ball	244-250
Hard Ball	
Light Crack	270-280
Medium Crack	280-290
Hard Crack	
Fudge	
Caramels	
Pulled Soft Candies	245-260
Pulled Hard Candies	265-275
Toffee	250-252
Butterscotch	
Brittle Candies	290-305

MEAT THERMOMETER

DEEL	1 CIII	peruture
Ribs, rare	140	degrees
medium	160	degrees
well-done	170	degrees
Sirloin, medium	160	degrees
well-done		
Tenderloin		
Rump	170	degrees
PORK		
Loin	145	degrees
Tenderloin	160	degrees
Shoulder	185	degrees
Ham	185	degrees
LAMB	180	degrees
VEAL	170	degrees
FRIED FOODS		

FRIED FOODS

	Temp.	Time
	of Fat	(min.)
Croquettes	385	2
oughnuts	370-375	2-3
mall Fish	375-385	2-5
rout, etc.	385	2-5
ishballs		2-5
Clams and Oysters	370	2
Crabs	360	3-5
rench Fried Potatoes		3-5
ritters	375	2-5

Roast at high temperature for 15 minutes. Reduce to given temperature for remainder of time. Or if less crisp brownness is desired roast at given temperature for entire period.

	Oven	Time	(Min.
	(Deg. F.)	per	lb.)
Beef, rare	300-350		18-22
Beef, medium			22-25
Beef, well done	300-350		27-30
Beef, rump	300-350		30-35
Meat Loaf	350		45-60
Lamb	300-350		30-35
Pork	300-350		30
Cured Pork			30
Veal	300		30
Chicken			22-30
Duck	300-325		20-25
Goose	350		20-25
Turkey	300-325		15-25
Fish	400-450		10-15

SIZE OF CANS

 1		cup
 1	1/3	cups
 2	-	cups
2	1/2	CHIDS

1/2 cups

FAMILY FAVORITES



Gingies

1/3 cup butter ½ cup brown sugar 3 cup molasses

1 egg, well-beaten

2¾ cups sifted flour

1 teaspoon soda

1½ teaspoons cinnamon

1½ teaspoons ginger 1 teaspoon salt

Cream butter; add brown sugar and blend. Stir in molasses and well-beaten egg. Sift flour, measure; sift with soda, spices and salt. Add to molasses mixture, stirring well. Chill for an hour. Roll dough to about 1/8 to 1/4 inch thickness on floured pastry cloth. Cut with floured cookie cutter, sprinkle tops with sugar. Place on buttered baking sheet and bake in a moderately hot oven 375° F., about 10 minutes. Makes about 4 dozen cookies.

This recipe developed and tested for you by the National Dairy Council.

1959 Sat 4 2 3 9 11 10 6 8 18 16 17 13 14 15 21 22 23 24 25 20

31

28

Gen. Brock Captures Detroit 1812

INSIDE



SEPTEMBER Sat 5 Mon Tue Sun 2 3 4. 8 9 10 11 12 6 19 15 16 17 18 13 14 20 21 22 23 24 25 29

this end that	KEEP RECE	IPTS, STATE		MEMOS IN T	STATE OF THE PARTY	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NEW MOON O 4th	FIRST QUARTER 3 11th	FULL MOON (3) 18th	LAST QUARTER © 26th			1 6
2	Hudson Bay discovered 1610	4 6	5 5	6 10	7 10	Air Raids, Britain,
7	discovered 1610	11 7	12 8	13 5	14 8	15 4
			Atlantic Conference			

Open Que. Bridge, 1919

Kellogg Peace Treaty Paris 1928



Helpful Hints

FOR EASIER COOKING

OVEN TEMPERATURES

(For baking and roasting)	
Slow oven	Fahrenheit
Moderate oven325-375	Fahrenheit
Moderately hot oven 375-400	Fahrenheit
Hot oven400-450	Fahrenheit
Very hot oven450-500	Fahrenheit

CANDY AND ICING

CANDI AND ICINO	Temperature
Stages in sugar cooking	of Sirup
Sirup	220-230
Thread	
Soft Ball	
Medium Ball	238-240
Firm Ball	244-250
Hard Ball	
Light Crack	270-280
Medium Crack	280-290
Hard Crack	300-310
Fudge	236-238
Caramels	242-248
Pulled Soft Candies	
Pulled Hard Candies	265-275
Toffee	250-252
Butterscotch	290-300
Brittle Candies	290-305

MEAT THERMOMETER

REEL	perature
Ribs, rare140	degrees
medium160	degrees
well-done	degrees
Sirloin, medium160	degrees
well-done	degrees
Tenderloin160-170	degrees
Rump170	degrees
PORK	
Loin145	degrees
Tenderloin	degrees
Shoulder185	degrees
Ham185	degrees
LAMB	degrees
VEAL170	degrees

FRIED	LOODS	
	Temp.	Time
	of Fat	(min.)
oquettes	385	2
ughnuts	370-375	2-3
all Fish	375-385	2-5
out, etc	385	2-5
hballs	375-385	2-5
ams and Oysters	370	2

375-390

French Fried Potatoes

Fritters

ROASTED MEATS

Roast at high temperature for 15 minutes. Reduce to given temperature for remainder of time. Or if less crisp brownness is desired roast at given temperature for

	Oven	Time	(Min.
	(Deg. F.)	per	lb.)
Beef, rare	300-350		18-22
Beef, medium	300-350		22-25
Beef, well done	300-350		27-30
Beef, rump			30-35
Meat Loaf	350		45-60
Lamb	300-350		30-35
Pork	300-350		30
Cured Pork	300-325		30
Veal	300		30
Chicken	300-350		22-30
Duck	300-325		20-25
Goose	350		20-25
Turkey	300-325		15-25
Fish			10-15

SIZE OF CANS		
8 oz1		cup
Picnic 1	1/3	cups
No. 12	,	cups
No. 22	1/2	cups
No. 2½	1/2	cups
No. 3		
No. 1013		

FAVORITES MILY



Pumpkin Maple Custard

3 eggs, slightly beaten

3/4 cup cooked or canned strained pumpkin

½ cup maple sirup

2 tablespoons brown sugar

½ teaspoon salt

½ teaspoon cinnamon

½ teaspoon nutmeg 2 cups milk, scalded

1 teaspoon vanilla

1 3-ounce package cream cheese

Milk

Beat eggs slightly. Combine eggs, pumpkin, maple sirup, brown sugar, salt and spices, stirring to blend. Stir in scalded milk and vanilla, mixing thoroughly. Turn mixture into 6 buttered custard cups. Place in shallow baking pan con-

taining warm water. Bake in a moderate oven, 325° F., for 45 to 50 minutes, until a silver knife inserted comes out clean. Garnish with pecan halves and serve with a topping of cream cheese which has been softened until light and fluffy with milk. Makes 6 medium-sized custards.

10 11 12 13 14 15

16 17 18 19 20 21 22

6 7 8

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3 4 5

SLIDE PENCIL INSIDE BINDING

September 1959

OCTOBER 5 9 8 10 12 13 11 15 16 17 14 18 19 20

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NEW MOON	FIRST QUARTER 39th	1 =	2 =	3	4 =	5
			V-J Day	BrFrance declare War on Germany, 1939		
	7	8	9	10	11	12
	LABOR DAY	First Air Mail Montreal to Vancouver 1928	British Troops took Montreal 1760	Canada declares War on Germany, 1939		
3	14	15	16	17	18	19
ish capture Plains f Abraham 1750	118		4	-		a
20_	216	22 4	23 4	24 4	254	26 2
	1/					
7	281	294	301		FULL MOON	LAST QUARTER

First spike C. P. R. 1877



OVEN TEMPERATURES

(For baking and roasting)		
Slow oven	Fahrenheit	
Moderate oven325-375	Fahrenheit	
Moderately hot oven 375-400	Fahrenheit	
Hot oven400-450	Fahrenheit	
Very hot oven450-500	Fahrenheit	

CANDY AND ICI	NG
	Temperature
Stages in sugar cooking	of Sirup
Sirup	220-230
Thread	
Soft Ball	236-238
Medium Ball	
Firm Ball	244-250
Hard Ball	
Light Crack	270-280
Medium Crack	280-290
Hard Crack	
Fudge	
Caramels	
Pulled Soft Candies	
Pulled Hard Candies	265-275
Toffee	250-252
Butterscotch	290-300
Brittle Candies	290-305

MEAT THERMOMETER

Temperature

Ribs, rare	140	degrees
medium	160	degrees
well-done	170	degrees
Sirloin, medium	160	degrees
well-done	170	degrees
Tenderloin	.160-170	degrees
Rump		
PORK		
Loin	145	degrees
Tenderloin	160	degrees
Shoulder	185	degrees
Ham	185	degrees
LAMB	180	degrees
VEAL	170	degrees
EPIED ECODS		

FRIED FOODS

			Temp.	Time
			of Fat	(min.)
croquettes			385	2
oughnuts			370-375	2-3
mall Fish			375-385	2-5
rout, etc			385	2-5
ishballs			375-385	2-5
Clams and Oysters			370	2
Crabs		·····	360	3-5
rench Fried Potate	oes		375-390	3-5
ritters			375	2-5

ROASTED MEATS

Roast at high temperature for 15 minutes. Reduce to given temperature for remainder of time. Or if less crisp brownness is desired roast at given temperature for entire period.

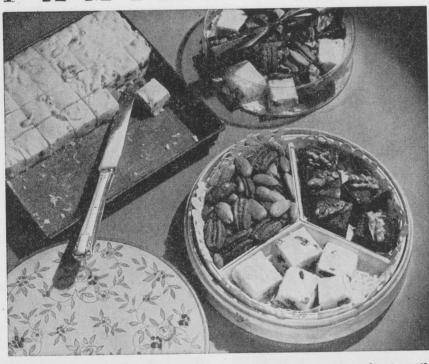
	Oven	Time	(Min.
	(Deg. F.)	per	lb.)
Beef, rare	300-350		18-22
Beef, medium			22-25
Beef, well done	300-350		27-30
Beef, rump	300-350		30-35
Meat Loaf	350		45-60
Lamb	300-350		30-35
Pork	300-350		30
Cured Pork	300-325		30
Veal			30
Chicken	300-350		22-30
Duck	300-325		20-25
Goose	350		20-25
Turkey	300-325		15-25
Fish	400-450		10-15

Of I doe be	OI CAI	40		
 		1		cup
		1	1/3	cups
		2	,	cups

No. 1 No. 2 No. 21/2 3 1/2 cups No. 10

SIZE OF CANS

FAVORITES FAMILY



Christmas Butter Fudge

4 cups sugar

2 cups milk

½ cup butter

½ teaspoon salt 1 teaspoon vanilla

1/4 cup candied cherries, cut small

> ½ cup blanched pistachios

Put sugar, milk, butter and salt into large saucepan and bring to boiling point, stirring constantly until sugar is dissolved. Then cook at a moderate rate stirring only occasionally, until candy will form a soft ball, (236-237° F.), when dropped into cold water. Remove from heat immediately and set pan in cold water; do not

stir or beat until cooled to lukewarm. Add vanilla and beat until cooled to lukewarm. Add vanilla and beat until candy becomes thick and creamy and loses its shine. When on the point of "setting", add the cherries and nuts and fold in quickly. Pour candy into buttered 8-inch square pan and let stand at room temperature, until firm. Cut into squares. Makes about 2½ lbs. fudge.

This recipe developed and tested for you by the National Dairy Council.

Mon

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15

Discovery of Insulin 1923, Dr. Banting

1959 Sat 2 3 4 5 10 11 12 16 17 18 19 SLIDE PENCIL INSIDE BINDING

1050

NOVEMBER Mon 2 Tue 3 4, 5 6 9 12 8 10 11 13 14 15 16 17 18 19 21 25 28

Hallowe'en

7 28 29 30	KEEP RECE	IPTS, STATE	MENTS AND	MEMOS IN TI	HIS POCKET	() () () () () () () ()
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NEW MOON 2nd-31st	FIRST QUARTER 30 9th	FULL MOON (3) 16th	LAST QUARTER © 24th	1 4	2 5	3 4
4	5 4	6 4	7 5	8 4	9	10
11 =	12 #	13 4	Iron first smelted in Canada 1727	15 5	16 5	17 5
18	Thanksgiving Day 19 4	British victory at Queenston Heights 1812	215	22 +	23 4	244
2/	2/-	27//	26-	20	201	21



OVEN TEMPERATURES

(For baking and rousting)	
Slow oven	Fahrenheit
Moderate oven325-375	Fahrenheit
Moderately hot oven 375-400	Fahrenheit
Hot oven400-450	Fahrenheit
Very hot oven450-500	Fahrenheit

CANDY AND IC	NG
Stages in sugar cooking	Temperature of Sirup
Sirup	220-230
Thread	
Soft Ball	
Medium Ball	238-240
Firm Ball	
Hard Ball	250-265
Light Crack	
Medium Crack	
Hard Crack	300-310
Fudge	236-238
Caramels	242-248
Pulled Soft Candies	245-260
Pulled Hard Candies	265-275
Toffee	250-252
Butterscotch	290-300
Brittle Candies	290-305

MEAT THERMOMETER

THEAT THERMOMET	lo IX	
BEEF	Temperature	
Ribs, rare	140	degrees
medium		
well-done	170	degrees
Sirloin, medium	160	degrees
well-done	170	degrees
Tenderloin		
Rump	170	degrees
PORK		
Loin	145	degrees
Tenderloin	160	degrees
Shoulder	185	degrees
Ham	185	degrees
LAMB	180	degrees
VEAL	170	degrees
EDIED FOODS		

	Temp.	Time
	of Fat	(min.)
roquettes	385	2
oughnuts		2-3
mall Fish	375-385	2-5
rout, etc	385	2-5
ishballs	375-385	2-5
lams and Oysters	370	2
rabs	360	3-5
rench Fried Potatoes	375-390	3-5
ritters	375	2-5

ROASTED MEATS

Roast at high temperature for 15 minutes. Reduce to given temperature for remainder of time. Or if less crisp brownness is desired roast at given temperature for entire period.

	Oven Tin	ne (Min.
	(Deg. F.) p	er lb.)
Beef, rare	300-350	18-22
Beef, medium		22-25
Beef, well done		27-30
Beef, rump	300-350	30-35
Meat Loaf		45-60
Lamb	300-350	30-35
Pork		30
Cured Pork	300-325	30
Veal	300	30
Chicken	300-350	22-30
Duck	300-325	20-25
Goose		20-25
Turkey		15-25
Fish		10-15

SIZE OF CANS

8 oz.		cup
Picnic	1/3	cu
No. 1		
No. 2		
No. 2½		
No. 3		
No. 10	1	CH

1958 YEARLY CALENDAR

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
SMTWTFS	SMTWTFS	SMTWTFS	SMTWTFS	SMTWTFS	SMTWTFS
1 2 3 4	1	1	1 2 3 4 5	1 2 3	1 2 3 4 5 6 7
5 6 7 8 9 10 11	2 3 4 5 6 7 8	2 3 4 5 6 7 8	6 7 8 9 10 11 12	4 5 6 7 8 9 10	8 9 10 11 12 13 14
12 13 14 15 16 17 18	9 10 11 12 13 14 15	9 10 11 12 13 14 15	13 14 15 16 17 18 19	11 12 13 14 15 16 17	15 16 17 18 19 20 21
19 20 21 22 23 24 25	16 17 18 19 20 21 22	16 17 18 19 20 21 22	20 21 22 23 24 25 26	18 19 20 21 22 23 24	22 23 24 25 26 27 28
26 27 28 29 30 31	23 24 25 26 27 28	23 24 25 26 27 28 29	27 28 29 30	25 26 27 28 29 30 31	29 30
		30 31			
JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
SMTWTFS	SMTWTFS	SMTWTFS	SMTWTFS	SMTWTFS	SMTWTFS
1 2 3 4 5	1 2	1 2 3 4 5 6	1 2 3 4	1	1 2 3 4 5 6
6 7 8 9 10 11 12	3 4 5 6 7 8 9	7 8 9 10 11 12 13	5 6 7 8 9 10 11	2 3 4 5 6 7 8	7 8 9 10 11 12 13
13 14 15 16 17 18 19	10 11 12 13 14 15 16	14 15 16 17 18 19 20	12 13 14 15 16 17 18	9 10 11 12 13 14 15	14 15 16 17 18 19 20
20 21 22 23 24 25 26	17 18 19 20 21 22 23	21 22 23 24 25 26 27	19 20 21 22 23 24 25	16 17 18 19 20 21 22	21 22 23 24 25 26 27
27 28 29 30 31	24 25 26 27 28 29 30	28 29 30	26 27 28 29 30 31	23 24 25 26 27 28 29	28 29 30 31
	31			30	

1959 YEARLY CALENDAR

January 1959	February 1959	March 1959	April 1959	May 1959	June 1959
SMTWTFS	SMTWTFS	SMTWTFS	SMTWTFS	SMTWTFS	SMTWTFS
1 2 3	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4	1 2	- 1 2 3 4 5 6
4 5 6 7 8 9 10	8 9 10 11 12 13 14	8 9 10 11 12 13 14	5 6 7 8 9 10 11	3 4 5 6 7 8 9	7 8 9 10 11 12 13
11 12 13 14 15 16 17	15 16 17 18 19 20 21	15 16 17 18 19 20 21	12 13 14 15 16 17 18	10 11 12 13 14 15 16	14 15 16 17 18 19 20
18 19 20 21 22 23 24	22 23 24 25 26 27 28	22 23 24 25 26 27 28	19 20 21 22 23 24 25	17 18 19 20 21 22 23	21 22 23 24 25 26 27
25 26 27 28 29 30 31		29 30 31	26 27 28 29 30	24 25 26 27 28 29 30	28 29 30
				31	
July 1959	August 1959	September 1959	October 1959	November 1959	December 1959
SMTWTFS	SMTWTFS	SMTWTFS	SMTWTFS	SMTWTFS	SMTWTFS
1 2 3 4	1	1 2 3 4 5	1 2 3	1 2 3 4 5 6 7	1 2 3 4 5
5 6 7 8 9 10 11	2 3 4 5 6 7 8	6 7 8 9 10 11 12	4 5 6 7 8 9 10	8 9 10 11 12 13 14	6 7 8 9 10 11 12
12 13 14 15 16 17 18	9 10 11 12 13 14 15	13 14 15 16 17 18 19	11 12 13 14 15 16 17	15 16 17 18 19 20 21	13 14 15 16 17 18 19
19 20 21 22 23 24 25	16 17 18 19 20 21 22	20 21 22 23 24 25 26	18 19 20 21 22 23 24	22 23 24 25 26 27 28	20 21 22 23 24 25 26
26 27 28 29 30 31 -	23 24 25 26 27 28 29	27 28 29 30	25 26 27 28 29 30 31	29 30	27 28 29 30 31
	30 31				

1960 YEARLY CALENDAR

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
SMTWTFS	SMTWTFS	SMTWTFS	SMTWTFS	SMTWTFS	SMTWTFS
1 2	1 2 3 4 5 6	1 2 3 4 5	1 2	1 2 3 4 5 6 7	1 2 3 4
3 4 5 6 7 8 9	7 8 9 10 11 12 13	6 7 8 9 10 11 12	3 4 5 6 7 8 9	8 9 10 11 12 13 14	5 6 7 8 9 10 11
10 11 12 13 14 15 16	14 15 16 17 18 19 20	13 14 15 16 17 18 19	10 11 12 13 14 15 16	15 16 17 18 19 20 21	12 13 14 15 16 17 18
17 18 19 20 21 22 23	21 22 23 24 25 26 27	20 21 22 23 24 25 26	17 18 19 20 21 22 23	22 23 24 25 26 27 28	19 20 21 22 23 24 25
24 25 26 27 28 29 30	28 29	27 28 29 30 31	24 25 26 27 28 29 30	29 30 31	26 27 28 29 30
31					
JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
SMTWTFS	SMTWTFS	SMTWTFS	SMTWTFS	SMTWTFS	SMTWTFS
1 2	1 2 3 4 5 6	1 2 3	1	1 2 3 4 5	1 2 3
3 4 5 6 7 8 9	7 8 9 10 11 12 13	4 5 6 7 8 9 10	2 3 4 5 6 7 8	6 7 8 9 10 11 12	4 5 6 7 8 9 10
10 11 12 13 14 15 16	14 15 16 17 18 19 20	11 12 13 14 15 16 17	9 10 11 12 13 14 15	13 14 15 16 17 18 19	11 12 13 14 15 16 17
17 18 19 20 21 22 23	21 22 23 24 25 26 27	18 19 20 21 22 23 24	16 17 18 19 20 21 22	20 21 22 23 24 25 26	18 19 20 21 22 23 24
24 25 26 27 28 29 30	28 29 30 31	25 26 27 28 29 30	23 24 25 26 27 28 29	27 28 29 30	25 26 27 28 29 30 31
31			30 31		** ** ** ** ** ** **
	(T.D.M. CO S.P. LIM	ITED, ST. THOMAS, CA	AN.	

OC'	959						
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				1	2	3	
4,	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	

St. Andrew's Day

November 1959

				-		
				,		5
DE	CEM	BER			1	959
Sun	Mon	Tue	Wed	Thu	Fri	Sat

	CEM		Wed	Thu	Fri	959 Sat
Sun	Mon		2		4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

,	policia neg paluli po		,,,,,		coules april and	00 01
			MENTS AND	· · · · · · · · · · · · · · · · · · ·		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 =	2 =	3 2	4 3	5 3	6 2	7
	First C.P.R. train leave Montreal 1885	es				4
8 =	9	10	11	12	13	14
			REMEMBRANCE DAY			
15	16	17	18	19	20	21
22	22	24-	25	2/-	37	20
	_25	24	25	26	21	28
			First Y.M.C.A. in America 1851			
29_	30		FIRST QUARTER	FULL MOON	LAST QUARTER	NEW MOON



OVEN TEMPERATURES

(For	baking	and	roasting)

Slow oven	250-325	Fahrenheit
Moderate oven	.325-375	Fahrenheit
Moderately hot oven	375-400	Fahrenheit
Hot oven	.400-450	Fahrenheit
Very hot oven	.450-500	Fahrenheit

CANDY AND ICING

CANDY AND IC	ING
	Temperature
Stages in sugar cooking	of Sirup
Sirup	220-230
Thread	
Soft Ball	236-238
Medium Ball	238-240
Firm Ball	244-250
Hard Ball	250-265
Light Crack	270-280
Medium Crack	280-290
Hard Crack	300-310
Fudge	236-238
Caramels	242-248
Pulled Soft Candies	245-260
Pulled Hard Candies	265-275
Toffee	250-252
Butterscotch	
Dittale Coulties	200 200

MEAT THERMOMETER

Temperature

Ribs, rare140	degrees
medium160	
well-done	
Sirloin, medium	degrees
well-done	
Tenderloin	
Rump170	degrees
PORK	
Loin	degrees
	degrees
	degrees
	degrees
	degrees
VEAL	degrees

FRIED FOODS

of Fat	(min.)
385	2
370-375	2-3
375-385	2-5
385	2-5
375-385	2-5
370	2
360	3-5
375-390	3-5
375	2-5

ROASTED MEATS

Roast at high temperature for 15 minutes. Reduce to given temperature for remainder of time. Or if less crisp brownness is desired roast at given temperature for entire period.

cittle periou.		
	Oven Tim	e (Min.
	(Deg. F.) pe	er lb.)
Beef, rare	300-350	18-22
Beef, medium	300-350	22-25
Beef, well done	300-350	27-30
Beef, rump	300-350	30-35
Meat Loaf	350	45-60
Lamb	300-350	30-35
Pork	300-350	30
Cured Pork		30
Veal	300	30
Chicken	300-350	22-30
Duck	300-325	20-25
Goose	350	20-25
Turkey	300-325	15-25
Fish	400-450	10-15

SIZE OF CANS

8 oz1		cup
Picnic1	1/3	cups
No. 1	,	cups
No. 22	1/2	cups
No. 21/2	1/2	cups
No. 34	,	cups
No. 10		cups

NOW YOU CAN COUNT YOUR VITAMINS

Here's how to get the best vitamin values for your money. This comprehensive table lists in standard units the vitamin strength of ordinary servings.

FOOD	AMOUNT	In International Units Except G, Given in Sherman-Bourquin Units*					
		A	B ¹	C	G ^(B2)	D	
Apples	1 medium-sized	100	20	250	30		
Apricots, dried	1/2 cup incl. cooking water	1,800		80	35		
Asparagus, green	6-7 stalks	430	100	350			
Bananas	1 medium-sized	375	25	200	40		
Beans, navy	1/2 cup, baked	70	50				
Beans, string	1/2 cup cooked, incl. liquid	450	45	80			
Beef, lean	Average serving	70	40		100		
Beets (roots)	1/2 cup, cooked	35		100	50		
Beet tops	1/2 cup, cooked	12,000		320	250		
Bread, white (made with milk solids)	1 slice (1 ounce)	5	6			20	
Bread, whole- wheat	1 slice	6	25		25		
Broccoli	1/2 cup, cooked	8,000		440	220		
Brussels Sprouts	1/2 cup, cooked	250		900			
Butter Usual square,		150	11		14	8	
Cabbage, green raw	1/2 cup shredded	550	30	600	40		

9	,	9				
FOOD	AMOUNT	In International Units Except G, Given in Sherman-Bourquin Units*				
		A	B ¹	C	$G^{(B2)}$	D
Cabbage, cooked	1/ ₂ cup	775		750		
Cantaloupe	Medium-sized half	550	7	400		
Carrots	½ cup cooked	3,200	10	35	40	
Carrots, raw	1 large, $3\frac{1}{2}$ ounces	3,850	12	70	50	
Cauliflower	1/2 cup, cooked	50	30	600	60	
Celery, green	2 average stalks	300		30		
Chard, Swiss	1/2 cup, cooked	12,000		320	250	
Cheese, cheddar	3/4-inch cube	400			30	
Cheese, cottage	1/2 cup	55				
Cranberries	3/4 cup, fresh	25		200		
Cream, light	1 tablespoon	150			8	
Cream, heavy	1 tablespoon	340			8	
Dandelion greens	$\frac{1}{2}$ cup, cooked	18.000		700	75	
Dates, commercial cured	10 dates	75	10			
Eggs	1 whole egg	600	15		60	8
Fish, lean (not the oily types)	4 ounces, fried		65			
Flour, white	1 cup (4 ounces)		40			

[&]quot;Courtesy Better Homes & Gardens"



NO	VEM	BER				959	
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2	3	4.	5	6	7	
			11				
			18				
			25				
	30						

SLIDE PENCIL INSIDE BINDING

December 1959



JANUARY						1960.		
Sun	Mon		Wed	Thu	Fri 1	Sat 2		
3	4	5	6	7	8	9		
10	11	12	13	14	15	16		
17	18	19	20	21	22	23		
24	25	26	27	28	29	30		

29 30			1 / 5 /		31	
Washing William	KEEP RECE	IPTS, STATE	MENTS AND	MEMOS IN TH	HIS POCKET	The second second
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FIRST QUARTER 3 7th	FULL MOON © 15th	1 =	2	3	4	5
6 =	7 =	8	9	10	11 =	12
	Japan Attacks U.S. 1941	Great Britain Declares War on Japan 1941				
13	14	15	16	17	18	19
	George VI Born 1895		4	Air Training Plan, 1939		4
20	21	22	23	24	25	26
C.N.R. Organized 1919					CHRISTMAS DAY	
27=	28	29	30	31	LAST QUARTER © 23rd	NEW MOON







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